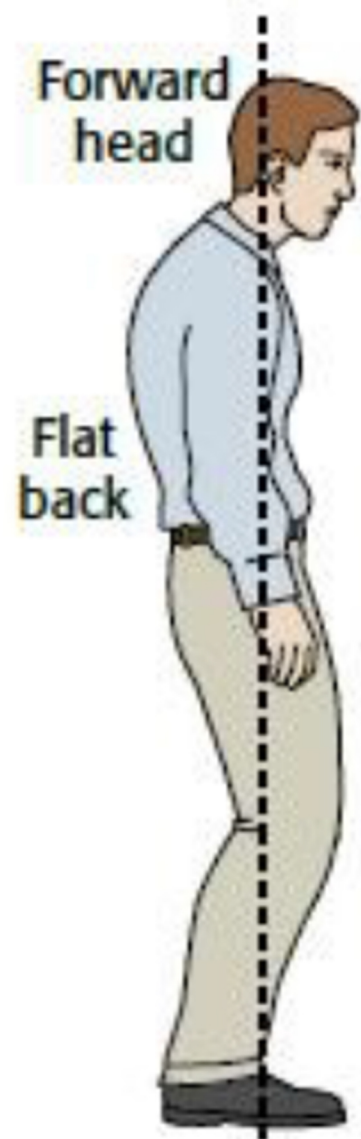
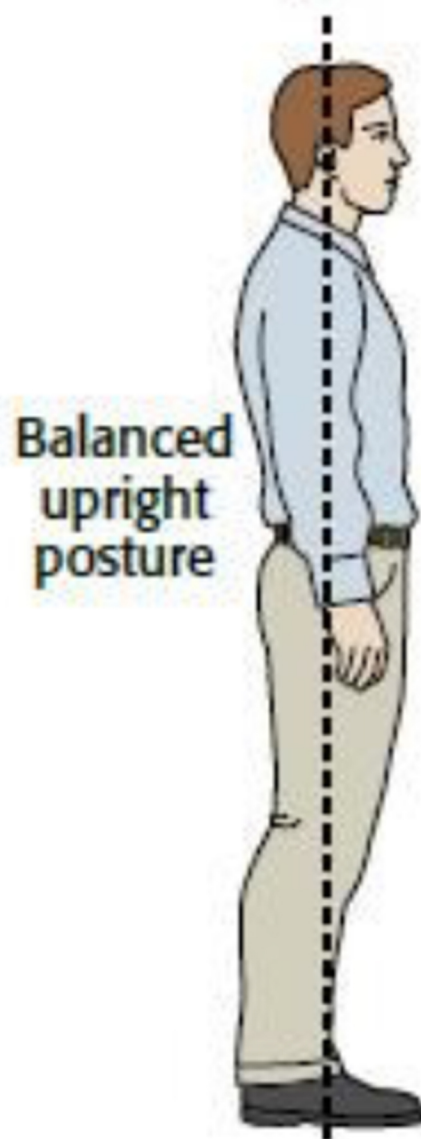


## Poor posture



## Good posture



## Poor posture

